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Sample Appointment Log

Alzheimer's Association

Appointment Date: 06/29/03

Appointment Time: 10:00 a.m.

Name of Patient: David Smith

Name of Doctor: Dr. Petersen

Top 3 Concerns:

1. Wandering at night
2. Sleeping during the day
3. Too many pills

Notes:

David may not be sleeping well in the evening because of sleeping during the day and not getting enough daytime exercise. We will have to talk about sleeping pills if this continues. There are things we can do to our home to prevent wandering at night, as well as enrolling into the Safe Return Program just in case David wanders away or gets lost. We need to call the Alzheimer's Association for more information and referrals.

To Do:

No caffeine after noon

Enroll in a day program

Daytime exercise

Enroll in Safe Return Program

Look into making changes to our home (safety locks, alarms, etc.)

Set a consistent wake-up time and a time to go to bed

Monitor any changes and note them in the care log

Next Appointment Scheduled for: 8/30/03 **at** 10:30 **(a.m.) / p.m.**

Appointment Log

Alzheimer's Association

Appointment Date: _____

Appointment Time: _____

Name of Patient: _____

Name of Doctor: _____

Top 3 Concerns:

1. _____
2. _____
3. _____

Notes:

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To Do:

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Next Appointment Scheduled for: _____ **at** _____ **a.m. / p.m.**

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